

# OTTAWA'S MOST DANGEROUS WARD

## AND IT'S 'NO SURPRISE'

metroNEWS

# Ottawa metr



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WEEKEND, JULY 24-26, 2015

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# CITY BALL

SUMMER  
FUN, FROM  
SPORT TO  
DANCE

Strangers met behind Ottawa City Hall Thursday at noon for a game of pickup volleyball. The city has hosted other public summer activities this month including evening salsa lessons and tai chi. HALEY RITCHIE/METRO

# Ontario reviewing LRT funds

**TRANSIT**  
**City has asked for about \$1B from province for Phase 2**

A day after the federal government pledged \$1 billion toward Phase 2 of Ottawa's light rail transit project, the provincial government said it's still reviewing the city's request for its share of the estimated \$3-billion project.

But Ottawa-Orléans MPP Marie-France Lalonde did say the province "was first at the table for Phase 1" and has been "consistently clear that we are at the funding table for Phase 2."

In an emailed statement on behalf of the Ottawa caucus of Liberal MPPs, Lalonde said the provincial government is "diligently reviewing" the city's formal request for Phase 2 funding.

Mayor Jim Watson appealed to the provincial and federal government for LRT funds earlier this month.

The federal government announced its \$1-billion contribution to cover a third of the project on Wednesday, timing that Ottawa-Orléans member of Parliament Royal Galipeau insisted has nothing to do with the upcoming federal election.

Lalonde took a swipe at the manner in which the federal government announced its contribution, with a letter from Galipeau to Watson.

"While the Premier herself has been clear that the provincial government will work with the City of Ottawa on building the next phase of rapid transit in Ottawa, the federal government has only purported to commit to funding Phase 2 with a letter from a local MP," Lalonde said.

Ottawa has watched in recent months as Premier Kathleen Wynne announced the province would completely fund the \$1.6-billion Hurontario-Main LRT line in Mississauga and Brampton and the \$1-billion LRT project in Hamilton.

Lalonde noted Thursday that of Ontario's \$31.5 billion transit infrastructure fund, \$15 billion will be invested outside of the Greater Toronto and Hamilton area.

"Over the past 12 years, our Liberal government has worked closely with the City of Ottawa to invest nearly \$1.1 billion into public transit expansion," she said. "We were first at the table for Phase 1 of the LRT with \$600 million and we are at the table for Phase 2." MICHAEL WOODS/METRO



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# 5

## THINGS TO DO IN OTTAWA THIS WEEKEND

Squished between Bluesfest and a Montreal road trip to Osheaga, this coming weekend is not short on stuff to do — be it concerts or otherwise. Jazz music, outdoor films and a fun run will fill these midsummer days. **LUCY SCHOLEY AND HALEY RITCHIE** METRO



### 1 Toss some coin for jazz (Friday)

Settle into a West End Well table (969 Wellington St. West) for an evening of cool jazz in Hintonburg with the Union Brewery Quartet. There's no cover for the July 24 show, but donations are welcome. As a bonus: You will be helping out a small co-op that recently made headlines for its financial struggles. The bass and six-string guitar will be in tune for 8 p.m.

### 2 World Press Photo Exhibition (all weekend)



See the very best of photojournalism at the Canadian War Museum starting Thursday until August 19. The award-winning photos were chosen from almost 100,000 entries and represent a wide range of categories including sports, nature and current affairs.



### 3 Anticipating art (Friday)

Nuit Blanche Ottawa + Gatineau may be almost two months away, but the annual artists' party will pump up the hype on July 24. Curl under the covers for a Q&A-style "bed-in" with the organizers, artists and collaborators. Fau Mardi will spin tunes all night and the Lieutenants' Pump will quench your thirst. Head to PDA Projects at 361 Elgin St. from 7 to 10 p.m.

### 4 Movies under the stars (Friday)

What if you want to get off the couch, get outdoors, and still watch a movie? Luckily, this weekend there are two different movies being screened under the stars. Selma — a 2014 film about Martin Luther King, Jr. and a massive civil rights march in the United States — will screen Friday night from 9 to 11 p.m. in Dundonald Park in Centretown. Farther west, the Princess Bride, a 1987 cult movie and fantasy love story, will start at 8:30 to 11 p.m. Friday in front of Suzy Q doughnuts at 991 Wellington St.



### 5 Wet and wild fun run (Saturday)

The "5K Foam Fest" is the latest in a lineup of "fun runs" that promise to make running a little more interesting. This one involves a whole lot of foam, bubbles, mud and water-themed obstacles like slip 'n slides. The route itself is located in Wakefield.



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Organizers of Ottawa's Arboretum Festival received several concerned emails over the choice of Albert Island, seen here, as the venue for the event. CONTRIBUTED

# Arboretum Festival still on for August

## ALBERT ISLAND

### Debate turns into dialogue on native site



**Lucy Scholey**  
Metro | Ottawa

Ottawa's Arboretum Festival was nearly cancelled this summer over the location on unceded Algonquin land.

After organizers announced Albert Island as the new festival spot in April, they received several concerned emails.

Albert Island is unceded Algonquin territory and also the soon-to-be home of developer Windmill's mixed condo and retail Zibi development.

"It wasn't a surprising reaction at all," creative director Rolf Klausener said of the criticisms, in an email to Metro.

"Having limited knowledge about the site's significance, we reacted by halting festival planning to educate ourselves. We needed to understand the complexity of the site's history, and who all the concerned parties were."

Since that announcement,

the organizers have been quietly meeting with several community members, including non-First Nations activists, an elder and a band councillor from Kitigan Zibi Anishinabeg, indigenous artists, Windmill and municipal representatives.

Rather than cancel the festival or pick a new site, Klausener said they opted to partly focus this year's public discussions on the history of the Algonquin's relationship to the Outaouais and how modern development meshes with cultural, social and environmental responsibility.

"Our hope is that the city and our audience walk away with more knowledge, more questions, and inspiration to forge a greater connection to our shared region and communities," he said.

The Arboretum Festival will be Aug. 19-22.

The post-sunset lineup includes Arcade Fire drummer Jeremy Gara's old punk band Weights and Measures, Ottawa punk favourite New Swears, indie-electronic band Austra and alt-rockers Braids. More information on the festival events is available at: [www.arboretumfestival.com](http://www.arboretumfestival.com).

## ELECTION CAMPAIGNS

### Foreign diplomats steer clear: Government

With an election campaign fast approaching, the federal government is politely reminding foreign diplomats stationed in Canada: Stay out of it.

The Department of Foreign Affairs, Trade and Development sent a note to heads of diplomatic mission and charges d'affaires reminding them of the rules governing their participation in Canadian election campaigns.

Essentially, the rules say they can't participate at all.

The note reminds diplomats that under the Vienna Conven-

tion on Diplomatic Relations, they have a duty to respect the laws of the receiving state and to not interfere in its internal affairs.

During an election period, "these duties include ensuring that diplomatic and consular personnel do not conduct activities which may either be perceived as inducing electors to vote for a particular candidate or prohibiting them from voting for a particular candidate in any way," the note said.

It also said no diplomatic or consular personnel "should

directly or indirectly make any financial contribution to a candidate or political event."

The department drew attention to relevant sections of the Canada Elections Act, including Section 331, which states that "no person who does not reside in Canada shall, during an election period, in any way induce electors to vote or refrain from voting or vote or refrain from voting for a particular candidate" unless they're a Canadian citizen or permanent resident.

The wording of that section,

specifically the word "induce," has been criticized as being too vague.

After the 2011 election, the group Democracy Watch asked the elections commissioner to investigate allegations that an American political operative may have canvassed with a Conservative Party candidate.

The elections commissioner, however, declined to investigate, ruling there was no basis "that any elector was actually induced or affected in their voting behaviour" due to the activity. MICHAEL WOODS/METRO





The National Capital Commission has brought in a team to develop the Capital Illumination Plan in an effort to enhance Ottawa's nighttime beauty. HALEY RITCHIE/METRO

# Illuminating minds arrive in the capital

## TOURISM

### Team in town to figure out how best to light up Ottawa



**Michael Woods**  
Metro|Ottawa

The team responsible for a new plan to illuminate the capital arrived Thursday to tour key spots in Ottawa-Gatineau and start sketching out concepts on how to better illuminate the city.

The National Capital Commission awarded a \$168,000 contract to a consortium of consultants to develop the Capital Illumination Plan in an effort to enhance Ottawa's nighttime beauty.

That group took a daylight tour of the city on Thursday and were to embark on the same tour at night, with stops including Dow's Lake, the Rockcliffe lookout, LeBreton Flats,

the Museum of History and Nepean Point.

The team, which beat out seven other bidders, includes MMM Group from Ottawa and Lumipraxis from Quebec City.

Also part of the group is renowned lighting designer Alain Guilhot from Lyon, France, who has done lighting work for many major cities around the world.

"We're very delighted to have Alain bringing his talent to our capital," NCC chief executive Mark Kristmanson said in an interview. "He's very passionate. He'd visited Ottawa and Gatineau about 10 years ago and had gotten excited about the possibilities here."

The idea of a new illumination plan is to build a road map for illuminating public and private buildings, infrastructure and public art in Ottawa-Gatineau.

Kristmanson said the plan could improve tourism, emphasize the capital's iconic assets and be a "transformative" project.

"We expect it would take

## 2017

The group would like the plan to start taking effect in 2017 as part of the country's 150th birthday celebrations.

probably a decade to see the full realization," Kristmanson said.

The group will be meeting over the next couple of days, in part to review the results of a workshop in March in which the public gave feedback for the plan.

The next step is for the group to return in the fall to share initial concepts with the public for additional input. Kristmanson said he would also like to introduce Guilhot to the public, likely in November.

"We'll have some public sessions and we'll start to delve more deeply into all of the aspects of the plan that will be developed over the next 12 months or so," he said.



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# New Capital Pride route approved

## BANK STREET VILLAGE

### Festivities and entertainment set up at the end of parade

**Haley Ritchie**  
For Metro | Ottawa

New board, new logo, new route — Capital Pride is coming back to the Bank Street village this year.

The new parade route was officially approved by the city last week, confirmed Capital Pride chair Tammy Dopson.

"We wanted it to be in the village, it's integral to our community," said Dopson.

The new route will begin at Gladstone Avenue and Bank

Street, going a block west to Kent Street, up Kent to Laurier Street and back down Bank to end at Somerset Street.

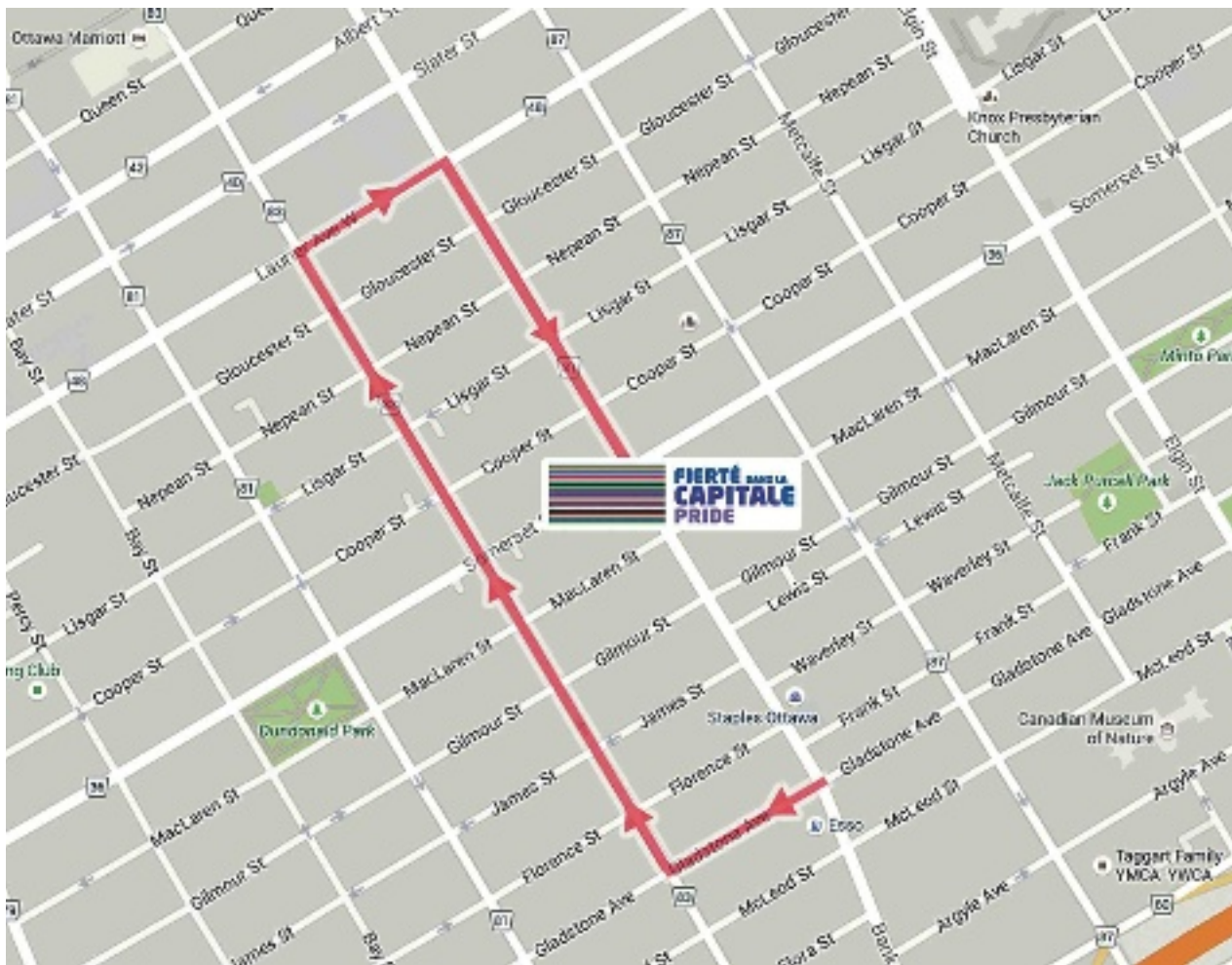
At the end of the parade route festivities and entertainment will be set up on the village stretch of Bank Street.

The relaunched Capital Pride organization is working in partnership with the Bank Street BIA.



**We haven't given the businesses enough momentum, and bringing the festival back there makes sense.**

Tammy Dopson



Route for Capital Pride. GOOGLE MAPS



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**EMBASSY OF DOMINICAN REPUBLIC HAITIANS RALLY AGAINST DEPORTATION** Members of Ottawa's Haitian community rally outside the embassy of the Dominican Republic on Albert Street Thursday after it was reported the government in that country is deporting thousands of undocumented residents of Haitian descent. Protesters said a member of their group delivered a letter to the embassy office. JOE LOFARO/METRO



# Premier declines snap byelection for rival

## PROVINCIAL POLITICS

### New PC leader will have to wait until after federal vote

New Progressive Conservative Leader Patrick Brown won't get a chance to seek a seat in the Ontario legislature before the fall session begins Sept. 14.

Premier Kathleen Wynne rejected a request from Brown on Thursday for an immediate byelection in Simcoe North, where veteran Tory MPP Garfield Dunlop announced he would step aside Aug. 1 so the new PC leader could run for a seat.

Wynne insisted she was "keen to let Brown have his shot" but said she would wait until after the Oct. 19 federal election before calling the provincial byelection. "We know when (the federal

election is) going to be, but we don't know how long the writ period will be," she said.

Brown resigned his seat in Parliament as the MP for Barrie after he won the provincial PC leadership in May, and Wynne said at the time she would call a byelection "as soon as he can find a riding" in which to run.

Brown waited too long, Wynne suggested Thursday.

"When ... I said right away I'm not going to stand in the way of



### Your party chose to delay for months.

Deputy Premier Deb Matthews

a byelection, I didn't think he would be waiting three months to decide that he wanted to come in to the house," she said.

Wynne also said there is not enough time between Dunlop's

resignation date and the start of the federal election campaign to file all the paperwork and hold a byelection in Simcoe North.

"It's actually impossible now."

Brown wrote an open letter to Wynne urging her to schedule the byelection in August.

"If you truly believe that your government's ideas will be good for our province as you claim, you should be open to having me in the legislature as leader ... asking you questions come

September," wrote Brown.

Brown also said the Simcoe North byelection could be completed before the federal election is "significantly underway."

Deputy Premier Deb Matthews wrote a letter to Brown late Thursday, saying "a provincial byelection in the middle of the federal election campaign ... could deny the voters of Simcoe North a fair election and the opportunity to properly consider all candidates." THE CANADIAN PRESS



Ottawa police plan to bring in a private company to staff the entrance and security equipment at the court. JOE LOFARO/METRO

## PUBLIC SAFETY

### Police seek private guards for court



Joe Lofaro  
Metro | Ottawa

The Ottawa Police Service is expected to hire a private security firm to staff the entrance of the Elgin Street courthouse in order to save money.

As the Ottawa courthouse undergoes major renovations to the Elgin Street entrance, which will soon have metal detectors and tighter security, the police services board will be asked to enter into a \$293,600-a-year contract with Federal Force Protection Agency.

A report to be tabled at Monday's meeting said the OPS "reviewed a number of staffing options and determined it would be more cost-effective

to contract private security personnel to staff the entrance and operate the equipment."

The firm already has a handful of guards providing security inside and outside the building, but Ottawa police special constables have recently been staffing the front entrance on Laurier Avenue.

Police chief Charles Bordeleau will ask the board on Monday to approve a plan that would hire three full-time and three part-time officers to staff the entrance.

The six guards will be responsible for monitoring three lanes of entry during peak hours.

If approved, the contract will run from August 2015 to the end of 2017. The estimated contract cost for the remainder of 2015 is \$111,400.

## IN BRIEF

### Police without a suspect in morning bus stabbing

A man is in hospital with minor injuries after being stabbed on an OC Transpo bus Thursday morning.

Police say a 911 call came in at 11:38 a.m. about

a stabbing on a bus near Carling Avenue and Lincoln Fields. Police are still searching for a suspect.

They say the stabbing victim's injuries are not considered serious.

JOE LOFARO/METRO

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# Three officers face negligence charges

## POLICE

### Paramedics burned in 2014 training explosion

The province's Special Investigations Unit has charged three Ottawa police officers in a June 2014 training explosion that left

two paramedics with second-degree burns to their faces, arms and legs, and other officers with minor injuries.

The accident occurred June 18 during a routine joint task force exercise involving 40 Ottawa Police Service and RCMP officers when a percussion explosive was detonated to blow open a door in an abandoned house on March Road.

The training had been going

on for about a week, but police said the joint operation had been underway for about three hours when the accident happened.

The SIU has charged Sgt. Martin Rukavina, Const. Serge Clement and Const. Carl Grismard with criminal negligence causing bodily harm and breach of duty regarding explosive substances. They are to appear in court Sept. 8.

The Special Investigations Unit

probes incidents of police-related deaths, serious injuries and allegations of sexual assault.

In addition, the SIU said a retired Kingston, Ont., police officer faces nine sex-related charges involving a young person. The allegations date back to the 1980s. Bruce Lindsay is facing charges of gross indecency, sexual assault, invitation to sexual touching, indecent act, and sexual exploitation. **JOE LOFARO/METRO**



Scene of the 2014 explosion. FRED CHARTRAND/THE CANADIAN PRESS

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## ANNUAL REPORT

### Crime rate jumps in Rideau-Vanier



**Joe Lofaro**  
Metro | Ottawa

While the overall crime rate dropped by two per cent in the City of Ottawa in 2014, crime in Rideau-Vanier jumped 1.5 per cent and the number of reported crimes also increased two per cent, according to the Ottawa Police Annual Report released Thursday.

"It's unfortunate to say, but it's no surprise we remain the highest (crime) area in the city. I'd like to see a significant drop in that," said Coun. Mathieu Fleury.

There were 5,081 crimes reported in the ward in 2014, compared to 4,979 the year before. Robbery, assault and theft are among the most commonly reported crimes in the area.

Fleury said one way to fix the problem would be to expand the Lowertown Foot Patrol program past the summer. Each year, about a dozen school resource officers are redeployed in July and August to patrol main streets in the Byward Market and surrounding areas.

"Police tell us 'Hey, if you found additional dollars, we'd do it,'" Fleury said. "What I'm

saying is it would cost them less to operate their day-to-day operations if they would expand their foot patrol for the year because then they would be on site for a lot of the (calls)."

Acting Supt. Samir Bhatnagar told Metro the program is successful, but the police don't have the resources to run the program past Aug. 31.

"Even though this initiative ends in September, there will still be continued coverage on (police) beats and bicycles in the market area," Bhatnagar said.

"I would love to expand it if I had the opportunity to. But we always have to prioritize where our resources are going. We try to do the most we can with the number of officers we have."



Vanier tops Ottawa crime statistics. **JOE LOFARO/METRO**

## IN BRIEF

### Via Rail unveils \$1M reno to Brockville train station

Via Rail inaugurated its newly transformed Brockville station Thursday following \$1 million of renovations.

The national passenger service said the aim of the project was to modernize the 143-year-old building while highlighting its historical character. The new brick finish replicates the look of the original structure, Via said, adding that the "bull's-eye-style" windows at each end of

the building are unique to the station.

The work — part of what Via says is a larger effort to modernize its facilities — also included a new roof and accessibility improvements for people with disabilities. About 53,000 rail passengers travel to and from Brockville each year, said Yves Desjardins-Siciliano, Via Rail's president and CEO, adding that "traffic continues to grow in the Ontario-Quebec corridor."

THE CANADIAN PRESS



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# Beached whale freed

NORTHERN B.C.

## Stranded orca saved after six hours of being stuck on rock



**Thandi Fletcher**  
Metro | Vancouver

A transient killer whale has been rescued after she beached herself on some rocks in Hartley Bay on B.C.'s northern coast Wednesday morning.

The emotional story of the stranded orca's rescue was posted on Facebook on Wednesday, where it has since been making waves on social media.

"She cried often, which tore at our hearts, but as the tide came up there were many cheers as this whale was finally free after (six-plus) hours of being stuck on this rock," reads the Facebook post from the group Whale Point.

"It was a team effort, and fortunately on some level this



**A volunteer works to keep an orca alive after she became stranded on some rocks in Hartley Bay on B.C.'s northern coast Wednesday. COURTESY CETACEAN LAB**

transient orca understood that we were trying to help."

Hermann Meuter, director of whale research group Cetacean Lab, said volunteers spent seven hours trying to keep the distressed marine mammal, a female calf, alive until the tide came back up.

He said the group placed blankets on top of the whale and poured seawater over her.



**It was awesome to watch.**

Hermann Meuter

Eventually, the tide rose and the whale was able to leave the rocks.

"It was incredible to see

how careful and how calm she was to get herself to negotiate herself out of the situation," he said. "She was very calm, very patient. It was awesome to watch."

Around 4:15 p.m. she gave "one kick with her tail and she was free," he said.

"She took one big dive, and then she was gone," said Meuter. "She was free."

CRIME

## Man robbing house points gun at girl, 7



**Matt Kieltyka**  
Metro | Vancouver

A distraught seven-year-old girl had a gun pointed at her before handing over a jar of coins to intruders during a recent home invasion in Vancouver.

Vancouver police say the girl and her family won't soon get over the trauma of the violent armed robbery on June 17, in which two men forced their way into a home in the 3300 block of Dieppe Street in east Vancouver, stole a number of valuables and sent a man to hospital with head injuries.

"You can only imagine what kind of impact this will have on this young girl," said Vancouver police spokesperson Sgt. Randy Fincham.

"It's not something this family will ever forget."

Fincham said the two suspects wearing reflective construction vests forced their way into the home through the front door. Several adults were home at the time.

As the home invasion was

happening, the young girl entered the same room as the suspects.

"One of the two robbers turned his attention to the young girl and demanded money from the young girl," said Fincham. "The only money she knew of was in the jar. She gave it to them hoping these guys would take the jar and go."

But the robbery continued until the men had stolen several items, including a rare Rolex Yachtmaster II watch, and physically assaulted one of the adult males.

One suspect was armed with a handgun, but no shots were fired during the incident.

Fincham said there is nothing in the family's background to "cause concern" or help investigators understand why this family was targeted.

The first suspect is a white man between the ages of 25 and 45. He has a slim build, shaved head and full sleeve tattoos on both arms.

The second suspect is a dark-skinned man, believed to be in his 20s, with a medium build and a thin beard.

COMPLIANCE

## UN critical of anti-terror bill in review of rights in Canada

The United Nations' first review in 10 years of Canada's compliance with an international rights treaty has resulted in concerns being raised on a swath of issues from pay equity to new anti-terror legislation.

In a report released Thursday, the United Nations Human Rights Committee said positive steps have been taken since the last time Canada's adherence to the International Covenant on Civil and Political Rights was reviewed, including the ratification of an international treaty on the rights of people with disabilities.

But the report found far more to be concerned about than praise, detailing more than a dozen areas where it finds Canada's approach lacking.

Among the committee's worries is that sweeping powers contained in the new anti-terror bill may not contain enough legal safeguards to protect people's rights.

In particular, the report raised doubts about elements of the legislation, known as C-51, that expand the mandate of the Canadian Security Intelligence Service, the new information sharing regime

**These are reasonable measures similar to those used by our close allies to protect their own citizens. Canada will do no less.**

Spokesman for Public Safety Minister

between security agencies and the changes to the no-fly program.

"The Committee takes note of the State party's need to adopt measures to combat acts of terrorism, including the formulation of appropriate legislation to prevent such act," it said.

But it goes on to say: "The State party should refrain from adopting legislation that imposes undue restrictions on the exercise of rights under the Covenant."

The government should consider rewriting the law to ensure it complies, impose better safeguards so information-sharing doesn't lead to human rights abuses and put in place oversight mechanisms for security and intelligence agencies, the report says.

The concerns raised by the committee mirror the positions of a number of civil rights organizations who appeared in

Geneva earlier this month to present their perspective to the committee on how well Canada is meeting its international obligations.

A spokesman for Public Safety Minister Stephen Blaney said Canada stands by the anti-terrorism legislation as is.

"These are reasonable measures similar to those used by our close allies to protect their own citizens," Jeremy Laurin said in an e-mail.

"Canada will do no less."

The concerns of non-governmental organizations are also reflected in a number of other issues raised in the report, including the lack of a national inquiry into murdered and missing aboriginal women and the seeming reluctance on the part of the government to exercise oversight on Canadian mining companies operating abroad who could be running afoul of human rights in foreign countries. THE CANADIAN PRESS

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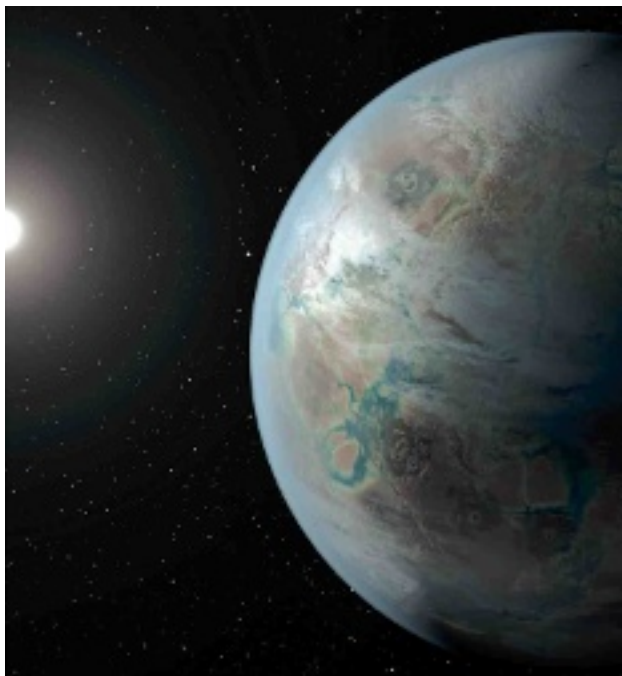
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An artist's rendering of Kepler-452b from NASA, Thursday.  
NASA/AMES/JPL-CALTECH/T. PYLE/THE ASSOCIATED PRESS

# 'Cousin' to Earth found

## SPACE

### Planet orbits habitable zone of its sun-like star, says NASA

Scientists have identified a "close cousin" to Earth that's orbiting a sun-like star and might harbour life.

"It is the closest thing that we have to another place that somebody else might call home," said Jon Jenkins from NASA's Ames Research Center in California.

The researchers announced their discovery Thursday, based on observations from NASA's Kepler space telescope.

This older, bigger cousin to Earth is called Kepler-452b. What makes this planet remarkable is that it orbits its star at about the same distance that Earth orbits the sun. What's more, its home star looks to be similar to our sun. Based on what scientists know today, Jenkins noted it's the nearest thing to another Earth-sun twin system.

"Today the Earth is a little less lonely because there's a new kid on the block," Jenkins said during a news conference. He led the team that discovered Kepler-452b.

The last Kepler discovery that had scientists gushing was just over a year ago. That close-to-Earth-size planet, Kepler-186f, also was in the habitable zone of its star. But that faint dwarf star was unlike our sun.

John Grunsfeld, NASA's science mission chief, emphasized that the exoplanet system identified Thursday — "a pretty good close cousin to the Earth and our sun" — is the closest so far. "And I really emphasize the 'so far.'"

The planet-hunting Kepler will keep churning out new discoveries, Grunsfeld noted, and possibly find even better matches for "Earth 2.0."

Kepler was launched in 2009 and has nearly 5,000 potential exoplanets to its credit — worlds beyond our solar system. It is helping to address such fundamental questions as where do we come from and where are we headed, and arguably the biggest question of all: Are we alone in the universe?

While scientists are uncertain whether Planet 452b is rocky like Earth, they believe there's a better than even chance it is.

As for the age and size, it is about 6 billion years old, 1.5 billion years older than Earth, and 60 per cent larger in diameter than our home planet. Its star, Kepler 452, is also older and bigger, as well as brighter than our sun. THE ASSOCIATED PRESS



**Today the Earth is a little less lonely because there's a new kid on the block.**

Jon Jenkins, NASA scientist

## UNITED STATES

# Texas jail death not homicide: Officials

The autopsy of a woman who was found dead in a Texas jail revealed no injuries that would suggest she died in a violent homicide, authorities said Thursday.

Waller County prosecutor Warren Diepraam discussed details of the autopsy of 28-year-old Sandra Bland, who authorities say was found hanging in her jail cell on July 13.

The autopsy showed that Bland had no defensive injuries on her hands that would typ-

ically indicate a struggle, the prosecutor said. Some lacerations or abrasions were found on her wrists. Those injuries were consistent with a struggle while being handcuffed.

The marks around Bland's neck were consistent with a suicide, he said.

Bland was arrested three days before she was found dead. Her family and friends dispute the official finding. Texas Rangers and the FBI are investigating.

Bland's death comes after nearly a year of heightened national scrutiny of police dealings with black suspects, especially those who have been killed by officers or die in police custody. It has resonated on social media, with posts questioning the official account and featuring the hashtags #JusticeForSandy and #WhatHappenedToSandraBland.

The sheriff said Wednesday that no one gained access to the cell and contributed to

Bland's death.

Bland's family has said she was not despondent and was looking forward to starting a new job at her alma mater, Prairie View A&M University.

However, Bland posted a video to her Facebook page in March, saying she was suffering from "a little bit of depression as well as PTSD," or post-traumatic stress disorder. At least one friend has said she was just venting after a bad day. THE ASSOCIATED PRESS

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## IN BRIEF

**Alert issued for rumbling undersea volcano**

An active underwater volcano off Grenada's northern coast called Kick 'em Jenny is rumbling and disaster management authorities have been put on alert.

Since its discovery in 1939, Kick 'em Jenny has erupted at least 12 times, most recently in 2001. It hasn't caused any deaths or injuries. The Seismic Research Center at the University of the West Indies said Thursday seismic activity has increased at the submerged volcano, which rises above the sea floor 8 kilometres north of Grenada. THE ASSOCIATED PRESS

**Lobsterman's twice lucky**

A Maine lobsterman has caught a rare orange lobster, the second time he's pulled an odd-colored crustacean from state waters. Bill Coppersmith, of Windham, told the Portland Press Herald he was in the Gulf of Maine on Wednesday when he caught the lobster.

Robert Bayer, executive director of the University of Maine's Lobster Institute, said the odds of catching an orange lobster are one in several million. Coppersmith caught a white lobster in 1997; a one-in-100 million catch.

THE ASSOCIATED PRESS



**The rare orange lobster in Maine, Thursay.** ROBERT F. BUKATY/THE ASSOCIATED PRESS



**A Syrian refugee woman at a settlement near on the outskirts of Mafraq, Jordan, Thursday.** MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

# Opposition groups OK Syria 'roadmap'

## SYRIA

## Two parties agree on plan for ending civil war in country

Syria's two main political opposition groups agreed on Thursday on a unified "road map" for a political solution to the country's long-running civil war, representatives of the groups said.

The two parties have been trying for years to reach a common understanding on how to end the war in Syria. Their agreement came as the UN en-

voy, Staffan de Mistura, was in Damascus to press efforts to find a political solution to the country's war.

But violence continued on the ground and suspected Islamic State of Iraq and the Levant (ISIL) militants fired at a Turkish military outpost from inside Syrian territory on Thursday, killing a Turkish soldier and wounding two others. Turkish troops retaliated to the attack and at least one ISIL militant was killed, according to Turkish official Suleyman Tapsiz, the governor for the Kilis province.

The attack follows a suicide bombing in a Turkish town near the Syrian border on Monday



**Today we are breaking a parable of lack of unity within the opposition.**

NCB executive committee member Khalaf Dawohd

which killed 32 people. Authorities have blamed the attack on militants linked to ISIL.

Meanwhile in Brussels, where the Syrian opposition groups have been meeting, representatives of the Syrian Na-

tional Coalition (SNC) and the National Coordination Body for the Forces of Democratic Change (NCB) said they would announce details of their agreement at a press conference the following day.

Members of the SNC, the main political group in exile, have long accused the Damascus-based NCB, whose leaders have been tolerated by the Syrian government, of being too lenient and even complicit with President Bashar al-Assad's government. Members of the NCB, in turn, have often accused the SNC of being bankrolled by oil-rich Arab Gulf countries.

THE ASSOCIATED PRESS

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THE ASSOCIATED PRESS



**A photo of Sandra Bland.**

PAT SULLIVAN/THE ASSOCIATED PRESS

## SCIENCE

## People detect fat taste: Study

Move over sweet and salty: Researchers say we have a distinct and basic taste for fat, too.

But it's nowhere near as delicious as it sounds.

They propose expanding our taste palate to include fat along with sweet, salty, bitter, sour and relative newcomer umami.

A research team at Purdue University tested look-alike mixtures with different tastes. More than half of the 28 special tasters could distinguish fatty acids from the other tastes, according to a study published in the journal Chemical Senses.

Past research showed fat had a distinct feel in the mouth, but scientists removed texture and smell clues and people could still tell the difference.

"The fatty acid part of taste is very unpleasant," said study author Richard Mattes, a Purdue nutrition science professor. "I haven't met anybody who likes it alone. You usually get a gag reflex."

Stinky cheese has high levels

of the fat taste and so does food that goes rancid, Mattes said. Yet

we like it because it mixes well and brings out the best of other flavours, just like the bitter in coffee or chocolate, he added.

To qualify as a basic taste, a flavour has to have unique chemical signature, have specific receptors in our bodies for the taste, and people have to distinguish it from other tastes.

THE ASSOCIATED PRESS

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Loblaws Companies Ltd. has not yet identified which stores in its chain of retail outlets will close by next year. AARON VINCENT ELKAIM/THE CANADIAN PRESS

# Loblaws set to shut 52 stores

## RETAIL

### Pharmacies, grocery outlets included in closures

Loblaws Companies Ltd. plans to shut down 52 unprofitable stores in its chain of retail outlets by early next year as it seeks to boost operating profit.

The company said in its second-quarter earnings report Thursday that the closures will take place over the next 12 months and save \$35 million to \$40 million in annual operating income despite the loss of \$300 million in sales.

Loblaws president and executive chairman Galen Weston Jr. said in a conference call with analysts that the company was focused on finding efficiencies as growth slows.

In a normal year, he added, the company would close 10 to 15 stores.

"Yes, it's an increase, but

it's not radically different," he said. "It doesn't signal any kind of change from a strategic perspective."

The closures are distributed across the country, he said, and affect around one per cent of the company's total retail square footage.

In its latest annual report, the company had more than 2,300 locations for its many brands, including Loblaws, Shoppers Drug Mart, No Frills and Joe Fresh.

Weston would not identify which locations are due to close as the company has yet to notify affected employees, but he said the list included gas stations, Joe Fresh locations and select pharmacies

and grocery stores.

Loblaws chief financial officer Richard Dufresne said the company did a review of all of its stores following the completion of its buyout of Shoppers Drug Mart last year and identified 52 that were consistently underperforming and unprofitable.

The company said in March it would build 50 new stores and renovate or improve more than 100 existing ones this year as part of a \$1.2 billion expansion. Weston said those plans are still on track.

On Thursday, Weston said the 52 closures included the previously announced cutbacks at Joe Fresh's U.S. operations, but would not make a "material change" to the clothing line's Canadian locations.

The company announced the closures as it reported a second-quarter profit of \$185 million or 45 cents per share in its latest quarter compared with a loss of \$456 million or \$1.13 per share a year ago.

THE CANADIAN PRESS

**\$300 million**

Closures will mean a loss of \$300 million in sales but could save up to \$40 million in operating income.

## market minute

	<b>DOLLAR</b> 76.69¢ (-0.01¢)
	<b>TSX</b> 14,265.37 (-41.75)
	<b>OIL</b> \$48.45 US (-74¢)
	<b>GOLD</b> \$1,094.10 US (+\$2.60)

**NATURAL GAS:** \$2.816 US (-8.1¢)  
**DOW JONES:** 17,731.92 (-119.12)

## IN BRIEF

**Walmart takes over Chinese online retailer**  
Walmart wants to make a bigger play for Chinese consumers online. The world's largest retailer purchased the remaining stake it didn't own in China's Yihaodian, an online retailer. Walmart is attempting to follow consumers as they migrate to the Internet in

China, a country where the retailer has struggled to adjust to buying habits and local competition. Yihaodian, founded in 2008, sells more than eight million products. Walmart, which opened its first store in China 20 years ago, is closing some stores and focusing on making its 400 stores more profitable.  
THE ASSOCIATED PRESS

# UNFRIENDLY FIRE.

Canada's services to veterans are under attack. Harper's Conservative government has cut over \$113 million from the Veterans Affairs budget, closing 9 offices and slashing front-line positions. Our veterans deserve better. This government is cutting public service budgets across the country, without regard for the safety and welfare of millions of Canadians.



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## THE KOHLER REPORT: ON CELLPHONES AND AWKWARDNESS



### I will continue using a landline until it's so old it becomes as cool as a mason jar is today.

much an existential crisis as it is a conversation.

Like those calls where you can hear the person about half the time, as if someone were pointing a remote control at them and pressing "mute" every few seconds. The first couple of times it happens, you might say "What was that?" but after a while you start feeling like the annoying one, even though it's them you can't hear. You try your best to piece the sentences together using only the words you have ("I've been...and...depressed ...I'm...so... eating ... know it ... helps?") And you're like, "Yeah, I find eating ice cream therapeutic, too," and just hope that what you're saying makes sense.

Or what about those calls

that make your friend sound like they're in an echo chamber, when you happen to know she's just a few blocks away at a Starbucks? Or those times you're trying to talk to a business associate who sounds like they're conducting their side of the meeting under water; it's really stressful when your livelihood depends on someone whose every word seems to be caught inside a bubble.

Or what about that quirk of technology that makes it so the person who's talking can't hear you until they stop. This makes it impossible to interject. They can't hear you if you laugh or say things like, "Right, right" or "Mm-hmm." Cellphones strip you of half the tools you need to have a normal, healthy conversation.

By the way, I don't have some 1999 Nokia piece of poo, nor do I use that service provider that's available only at 7-11. I have an iPhone 6 and my service provider rhymes with Smell Us. Is this the best we can do?

And I know what you're going to say: If you don't like talking on your cell, then just do like the Millennials and text. But I don't want to text — it takes too long and it's impersonal and it's destroying us like the impact that destroyed the dinosaurs.

No. What I will do is continue using my landline until Bell decides to stop providing me with — and charging me through the nose for — the service. I will continue using a landline until it's so old it becomes as cool as a mason jar is today.

Mock me all you want. At least I'll be able to hear you.

**Rebecca Kohler** is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca\_kohler.



**Were the Pan Am Games worth it? Visit [metronews.ca](http://metronews.ca) to answer our poll.**

## ROSEMARY WESTWOOD

metroview

### How two stubborn people shape up at marriage boot camp

Welcome to the midway point of the speediest season of the year.

Or for me, the end of marriage boot camp.

C. — my American boyfriend — was visiting for a few months. As our time wound down, and people asked him how it's been, "marriage boot camp" was his answer.

We had a lot to pack into very little time and space, playing house in my one-room studio apartment. We'd been telling each other over Skype that we wanted to be together. This summer, we actually had to be together, morning and night, and all weekend long.

As two previously very single people, it was a negotiation to even cross the street. One person would step out into traffic, while the other tugged them back.

As two stubborn people, we could suck the fun out of a sunny afternoon on a patio as we learned to debate, kindly.

We discovered what it's like to be around the moody love of your life, what to say, and when to shut up.

For brief moments, the tension felt like that big wooden wall on an obstacle course: impossible to overcome.

My way of working through things is to talk, talk, talk. C's musings are more likely to drop in unexpectedly from thin air, like a falling feather.

But we did talk about what

marriage would look like — or more often, not look like.

"Our kids are going to run around barefoot," C. warned me one day.

"I don't want to fight over money," I declared. Our statements acted like warning shots across each others' bows. Beware! This is what it's going to be like forever!

Marriage boot camp did clarify things. Chief among them, how sure we both are. How happy we both are. Except for when it wasn't, the summer was the most fun.

I've been wondering how much people do this — talk about what marriage will be like — before they pull the trigger.

So I called my most communicative, inquisitive of friends. She and her husband spent four evenings, a few hours each time, talking about what marriage would be like, in order to write their vows.

"People get so busy with planning their wedding, it's like they spend more time thinking about seating arrangements than the details of what they're vowing to," she said.

C. and I aren't at risk of that. For a long-distance relationship on fast-forward, it's perhaps not surprising we attended marriage boot camp before engagement. And as with all good boot camps, I'm feeling stronger.

## Happy face/Sad face

From **chicken sickness** to **landsliding lakes**, Metro weighs in on the news making headlines this week



### Forgetting past failures

News of the first drug that slows down Alzheimer's has scientists forgetting how hopeless they felt about managing memory loss. Stage-3 clinical trials — the last step before the pill goes to market — of a drug called solanezumab showed the progress of dementia slowing by a third, if treatment started early. More trials will be needed to confirm the results, but science is close to creating a memory medication that does more than just reduce symptoms. SOURCE: BBC



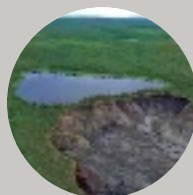
### Beware of fowl play

The U.S. Centers for Disease Control has ID'd an unusual culprit in a 40-state salmonella outbreak: Backyard chickens. Urban farmers, the CDC says, "are bringing live poultry into their homes, and ... kissing or cuddling with live poultry." Chickens harbour salmonella bacteria that's harmless to them but causes a nasty stomach bug in humans. Handwashing — and minimizing contact with feathered friends — can reduce the spread. SOURCE: WASHINGTON POST



### The fastest fruit salad

Sam Van Aken, a professor at Syracuse University, uses crafty grafting to create trees that bear 40 different kinds of stone fruit, including heirloom varieties of plums and apricots. Despite his choice of materials, he's not a botanist, but an artist. A tree he planted in 2011 now has all 40 varieties grafted on. In four years or so, it will be blooming periodically throughout the summer, producing a different kind of fruit each time. SOURCE: NATIONAL GEOGRAPHIC



### Lake braces for spectacular slide

Some time in the next few months, a small lake perched 600 feet above the Mackenzie Valley in the Northwest Territories will burst through the slice of earth holding it back — and fall. It will be a spectacular sight that transforms the landscape, and melting permafrost caused by climate change is to blame, scientists say. The unnamed lake near Fort McPherson is buttressed by frozen ground that has not thawed to this extent since the end of the last ice age. SOURCE: THE CANADIAN PRESS

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by Jason Logan

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# Last chance for redemption

COMEDY

## Can Pixels save Sandler's career after a string of flops?



From a career point of view, Pixels may be the most important movie of Adam Sandler's career. The big-budget action comedy sees the comedian help save the world from aliens who attack using classic video arcade games like PAC-MAN, Donkey Kong and Centipede as models for their assaults.

In real life, it's not Donkey Kong Sandler needs to battle, but audience apathy. A string of box office flops, controversies and terrible reviews — critic Liam Maguren was so horrified by Sandler's 2011 "comedy" Jack and Jill he wrote, "Burn this. This cannot be seen. By anyone" — have threatened to torpedo his career.

Even his own studio seemed to have turned against him. In last year's Sony email hack, one employee complained, "we continue to be saddled with the mundane, formulaic Adam Sandler films."

Movies like Billy Madison, Happy Gilmore and Big Daddy were hits that established his persona as the angry but sweet everyman, a misfit character



Matthew Lintz, left, as Matt, and Adam Sandler as Sam Brenner with Q\*bert, in Pixels, which opens nationwide today. SONY PICTURES/THE ASSOCIATED PRESS

he trotted out for two decades. Occasionally he'd get serious in pictures like Punch-Drunk Love or Reign Over Me and soak up some good reviews, but by and large, the Sandleronian oeuvre has been ripe with anger management issues and jokes of ... how to put this delicately: a gastrointestinal nature. Not highbrow, but that's OK — not everything has to be Noel Coward — as long as audiences care.

But at some point, it seemed they stopped caring.

Perhaps it was the inconsistent nature of his movies. Just when you think he's turned a corner with the excellent Reign

Over Me into interesting adult roles he slaps you in the face with the zero-star rated follow-up I Now Pronounce You Chuck and Larry.

Or maybe it's quality control issues. Last year Kevin Nealon told me about being offered a role in the Sandler-produced Grandma's Boy.

"It was so lowball and crass," said Nealon. "I thought it might be a little embarrassing to be in that one. So I told Sandler I'd probably pass on it and he called me and said, 'I really hope you do this because if you don't do it and it's a big hit I'll feel bad, but if you do it and

it's not a big hit, no one is going to see it anyway.'"

That attitude may be realistic but it doesn't exactly speak to high standards. More than that, however, is the static nature of Sandler's comedy. His everyman character hasn't changed much throughout the years. Usually these days he lives in nicer houses or has more money but it's the same old shtick.

The old saying, "He got bigger, but didn't grow up," perfectly applies to Sandler.

He may have matured (chronologically at least) but the urination gags and rageaholic jokes that characterize



**MOVIE RATINGS** by Richard Crouse

<b>Paper Towns</b> ★★★	<b>HOW RATING WORKS</b> ★★★★ SEE IT ★★★ WORTHWHILE ★★ UP TO YOU ★ SKIP IT
<b>Irrational Man</b> ★	
<b>American Heist</b> ★★	

his comedy haven't.

We don't need to feel sorry for Adam Sandler. He has movies in the pipeline and a new deal with Netflix, but Pixels is still an important moment for him. Rolling Stone called his last film, The Cobbler, "beyond awful and beyond repair," and it went on to become his biggest flop to date.

If Pixels is a hit, and it may be, the trailer generated 34.3 million views worldwide in its first 24 hours online, he will be redeemed — at least until his next movie's new round of toilet humour and cleavage shots.



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## THE TV DINNER JESSICA ALLEN



## Journalist A.J. Liebling's best prose was about boxing, a subject so brutal that it's perplexing how he wrote so prolifically on it

the first four Rocky films (I haven't seen V through XXXV.) The first three, which I studied via VHS tapes as a kid, use the same theme song. But Rocky IV's montage is set to a different tune. While Balboa's Russian opponent Drago runs on a futuristic treadmill flashing with lights and lasers, Rocky climbs a snow-covered mountain — a mountain! — then shouts “Drago!” from the top. If that's not good movie making, I don't know what is.

My colleague and friend Lainey likes Rocky IV best. On a recent afternoon in her office, she recited from memory Rocky's soliloquy after he defeats Drago on his Siberian home turf: “If I can change, and you can change, everybody can change!” she yelled triumphantly. “Basically, Rocky conquers communism. He ends the Cold War,” Lainey said. “It's a perfect movie!”

Lainey writes about gossip

I watched the trailer for Southpaw, which hits theatres July 24, the day it was released because I've never met a boxing movie I didn't like. And because the trailer reveals the tragedy that afflicts boxing champion Billy “The Great” Hope (Jake Gyllenhaal), I feel I can reveal the spoiler too: his wife (Rachel McAdams) dies and Billy loses his title, his family, his wealth — everything.

You know what that means: Billy must clobber his way back to the top. That includes a prerequisite training montage. They're my favourite, especially the sequences from

THE MOVIE:  
Southpaw



THE MEAL:  
‘Beef and tomato’



and no doubt she'd notice her name drop. But I'm not interested in connecting myself to celebrity (actually, Rachel McAdams went to my high school, but whatever): I'm interested in the food Lainey eats. Because although gossip is central to the human experience, food informs it.

We've been sharing lunch

duties since January. The first time I tried her “beef and tomato” — marinated flank steak sliced impossibly thin, stewed tomatoes, bok choy and King mushrooms served over rice — it was like a punch to my solar plexus: it took my breathe away.

It's a dish she grew up eating. Nothing fancy, she told

me. Maybe every family has one — a dish that you've had a thousand times but never tire of. A dish filled with meaning and memory.

Journalist A.J. Liebling wrote beautifully about food and memory. But his best prose was about boxing, a subject so brutal that it's perplexing how he wrote so prolifically on it — and how it's so profoundly about the human experience.

“To write about boxing is to write about oneself,” Joyce Carol Oates, whose father took her to see matches as a child, said, “however elliptically, and unintentionally.”

It's no wonder I love both Liebling and Carol Oates' writing because the writing you love, whether it's about food or sports, is often about love itself. And no wonder that the food that's dearest to you is the sort you want to share with the people you love most.

Lainey has promised that one day she'll teach me how to make her “beef and tomato.” Part of me never wants to learn. That way she'll have to keep making it for me, forever.

**Jessica Allen** is the digital correspondent on CTV's The Social.

### MOVIE NEWS

#### Amy Poehler to play NBA basketball coach

Actress and comedian Amy Poehler is set to produce and star in an upcoming comedy in which she'll take the role of a basketball coach with a chance for glory.

Currently lending her voice to Pixar's Inside Out in the role of Joy, Poehler wrapped up a seven-season run as the star of Parks and Recreation earlier this year.

Her new project will see the actress play a basketball coach whose career has fizzled out when she is called on to lead an NBA team, according to Variety.

Ike Barinholtz (The Mindy Project) will appear in the film and is also co-writing the script with

David Stassen.

Poehler is next set to star in Sisters with Barinholtz and Tina Fey. AFP



**Amy Poehler**  
AFP

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### INTERVIEW

## 50 Cent on acting, Southpaw

**Matt Prigge**  
For Metro

The day before our phone interview with 50 Cent is the day he publicly declares bankruptcy. It doesn't take long to get an email asking that we abstain from mentioning his business affairs, as well as a couple other heavy topics. Despite this, 50 Cent is in good spirits, friendly and talkative when discussing Southpaw, the boxing drama starring Jake Gyllenhaal as Billy Hope, an anguished pugilist angling for a comeback after the death of his wife (Rachel McAdams).

The rapper and businessman plays Jordan Mains, his manager-promoter, and it's a subject he knows a lot about, having been involved in boxing for even longer than he's been appearing in movies.

**Given your knowledge of boxing, how realistic did you find its portrayal of this world?**

There were a lot of parallels to real boxing. It felt like a real situation. It wasn't pretending to be someone who wasn't a real person.

There's a point where I'm saying, “On his way out make sure he doesn't break some s—.” That's an afterthought, but it defines how he handles circumstances with his fighters. The model they live by is: if it makes money, it makes sense. That's Jordan Mains and Billy Hope's world view. They've been on this journey together. He didn't earn anything if Billy didn't earn anything.

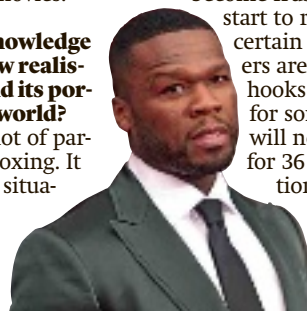
**Jordan starts off as someone who really seems to have Billy's back but eventually reveals he values business over their friendship. Do you feel he adopts a defensible position?**

Well, he loves Billy initially. But what happens with fighters is when you use logic with people aren't using that as a compass, you can become frustrated. You'll start to resent them at certain points. The fighters are throwing jazz hooks and uppercuts for something that will net \$250 million for 36 minutes of action. It's tough to tell them what their fight is

worth. They expect so much for fighting the top guys in their weight class. Eventually they just want all the money. When they become a name you don't argue with them, because they don't need anybody else to make the next fight. If a manager says, “F— this, I'm leaving,” then there will be a whole new group of people who will come to him and say, “Alright, champ, let's make the next fight.”

**Do you see many parallels between boxing and the music industry? Both revolve heavily around stars who heavily rely on family and friends to support them.**

Yeah. They come from the same places. The fighters, they're coming from low-income situations in inner cities. They can relate to not having very much. When you make it, and you get to the leagues, if you're a baseball or basketball player, or you get to the championship, if you're a fighter, you say, “When I do get there I'm going to be straight. I'm going to look out for my people.” Their happiness is connected to those closest to them. If you've made it to the point where you can spend a little cash, you do things for them.



**50 Cent.**  
GETTY IMAGES



# Now playing



## ANIMATION, COMEDY Pixels

**Director:** Chris Columbus,  
**Starring:** Adam Sandler,  
Peter Dinklage,  
Kevin James, Josh Gad

As kids in the 1980s, Sam Brenner, Will Cooper, Ludlow Lamonssoff, and Eddie "The Fire Blaster" Plant saved the world thousands of times — at 25 cents a game in the video arcades. Now, they're going to have to do it for real.

### ROTTEN TOMATOES™ SCORE

**Critics:** 10% **Audience:** 89%



## DRAMA Paper Towns

**Director:** Jake Schreier  
**Starring:** Cara Delevingne,  
Nat Wolff

Adapted from the bestselling novel by author John Green (The Fault in Our Stars), Paper Towns is a coming-of-age story centring on Quentin and his enigmatic neighbour Margo, who loved mysteries so much she became one.

### ROTTEN TOMATOES™ SCORE

**Critics:** 73% **Audience:** 95%



## DRAMA Southpaw

**Director:** Antoine Fuqua  
**Starring:** Jake Gyllenhaal,  
Rachel McAdams

Billy Hope seemingly has it all with an impressive career, a beautiful and loving wife and an adorable daughter and a lavish lifestyle. When tragedy strikes and his lifelong manager and friend (Curtis "50 Cent" Jackson) leaves him behind, Hope hits rock bottom and turns to an unlikely saviour at a run-down local gym.

### ROTTEN TOMATOES™ SCORE

**Critics:** 50% **Audience:** 78%



## DRAMA, COMEDY Unexpected

**Director:** Kris Swanberg,  
Kris Williams  
**Starring:** Cobie Smulders,  
Gail Bean,

An inner-city high school teacher discovers she is pregnant at the same time as one of her most promising students and the two develop an unlikely friendship while struggling to navigate their unexpected pregnancies.

### ROTTEN TOMATOES™ SCORE

**Critics:** 80% **Audience:** 90%



## DRAMA Mr. Holmes

**Director:** Bill Condon  
**Starring:** Ian McKellen,  
Laura Linney

Mr. Holmes is a new twist on the world's most famous detective. In 1947, an aging Sherlock Holmes revisits the circumstances of the unsolved case that forced him into retirement, and searches for answers to the mysteries of life and love — before it's too late.

### ROTTEN TOMATOES™ SCORE

**Critics:** 87% **Audience:** 76%



## DRAMA Me and Earl and the Dying Girl

**Director:** Alfonso Gomez-Rejon  
**Starring:** Thomas Mann,  
Olivia Cooke

This Sundance winner is the story of Greg Gaines, an awkward high school senior whose mom forces him to spend time with a girl in his class who was just diagnosed with cancer.

### ROTTEN TOMATOES™ SCORE

**Critics:** 80% **Audience:** 90%

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# Tee time in the Bow Valley

**ALBERTA**

**Nature on full display for golfers in Canmore**

**Brian Kendall**  
canadiangolftraveller.com



For years Canmore was one of the best kept secrets in the Rocky Mountains: a town with the same spectacular scenery as nearby Banff, but hipper, friendlier and more affordable. Located just outside the gates of Banff National Park, 104 kilometres west of Calgary, Canmore is an ideal home base for a mountain golf holiday. But also budget time between rounds for hiking, kayaking, rafting and the other summer activities that annually help draw more than a million overnight visitors to the rapidly growing community of 13,000. Two of Canada's most dramatically scenic golf courses have been carved through the Bow Valley corridor minutes from Canmore's lively downtown.

At Stewart Creek Golf and Country Club, golfers are treated to a thrill ride of elevation changes on a Gary Browning-de-



The ninth hole on Silvertip Golf Course. The course features glacial ponds and forest-lined freeways, as well as cliff-top tee shots. At right, the view from Canmore's Main Street, with the Rocky Mountains in the background. ISTOCK



signed layout set in the shadow of the Three Sisters, an awe-inspiring three-peak massif. Silvertip Golf Course, on the opposite side of the corridor, is just as thrilling. Glacial ponds and forest-lined fairways define a design by Canmore-based architect Les Furber that

includes several cliff-top tee shots. And right in town is Canmore Golf and Curling Club. This older, classically designed layout offers many of the same mountain golf experiences found at higher-profile Stewart Creek and Silvertip — mountain vistas, forests of towering fir trees, a meandering glacial river — at about half the cost. But the biggest draw for golfers is the Banff Springs Golf

Course, just inside the park's gates in the alpine town world-renowned for both its beauty and the iconic Fairmont Banff Springs Hotel. In the valley below the 764-room Castle in the Mountains, legendary Canadian architect Stanley Thompson built the first course anywhere to cost more than \$1 million. Opened in 1929, the Banff Springs has long been included in virtually every ranking of the game's

leading layouts, and its most celebrated hole, the par-three Devil's Cauldron, numbers among the most photographed in golf. Visitors often make the mistake of neglecting Canmore in favour of glitzier Banff. But Canmore is equally beguiling in its own unpretentious way. Pubs, coffee shops, boutiques and art galleries line the streets of a town that is said to be home to more Olympic athletes

than any other place in the world. Towering over the community are the magnificent peaks of the Rundle Mountain Range. The fast-rushing Bow River snakes through Canmore's heart, while a network of wildlife corridors and trails spreads out in every direction. It's a setting perhaps unsurpassed in the West.

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# Road blocks and pit stops

REALITY TV

## What it's like to be a contestant on The Amazing Race



ON THE MOVE

**Loren Christie**

I am a super-fan of the Amazing Race, TV's reality show meets frenetic travelogue. Needless to say, when producers of the Amazing Race Canada asked me to run a leg of the race to celebrate the start of Season 3, I was thrilled.

As one half of Team Canada AM along with on-air weather presenter Lyndsay Morrison, I quickly realized how much harder it is to be a contestant than a critical armchair competitor.

After running almost four hours I can say that what you see on TV, although edited, is real. It's what you don't see that makes you more sympathetic towards racers who seemingly underperform.

### An inauspicious start

Each team races with a producer and cameraman in tow, whom you must keep within 20 feet of you at all times. On our 35-degree race day it was a struggle for our crew, lugging 60 pounds of camera equipment, to sprint



**Loren Christie and Lyndsay Morrison, in the dark grey shirts, represented for Team Canada AM in the Amazing Race Canada media challenge.** MARK O'NEILL

around Toronto in search of cabs.

Racers are not allowed to carry any handheld devices to aid in directions, so you are reliant on the knowledge of strangers.

The first clue directed us to Stanley Park.

Neither of us had heard of a Stanley Park in Toronto, but thankfully a well-meaning stranger caught up in our excitement had.

Of course we never bothered to verify his directions, which turned out to be wrong.

We ended up being the seventh team out of nine to arrive at the first challenge.

### Change of luck

Only one of us could do the Road Block. The only guideline the clue gave was to ask, "Who is more patriotic?"

For no real reason, we chose Lyndsay to represent. The chal-

lenge was to sing O Canada in English and French by memory. Bilingual songstress Lyndsay, unlike members of the other teams, hit it out of the park and we were off on our next task. Thank goodness — if it had been me, we would still be there.

Between doing puzzles and knocking solo cups off of sticks with Frisbees, we quickly lost track of where we stood in the race. The fear of being last results in a continuous rush of adrenalin.

Driving to the Hard Rock Cafe in Dundas Square, the Pit Stop for our leg of the race, we saw another team sprinting ahead of us. Lyndsay and I jumped out of our cab, they went right — we went left.

We choose correctly and when host Jon Montgomery announced we were team ... number ... 2, I felt like I had won the lottery.

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# 65th gold medal and counting

PAN AM 2015

## Water-skiing win helps Canada break previous best

Canada set a new national record for gold medals won at the Pan American Games on Thursday, the 13th day of competition.

Water-skier Whitney McClintock took first place in the women's slalom event — her second top finish of these Games — to give Canada 65 gold medals in total.

The previous record of 64 was set in Winnipeg in 1999.

"This is great, I'm a happy girl," McClintock said. "I've got the two (medals) I came for already. The rest are a bonus."

McClintock, who won gold Wednesday in the overall competition, finished first in the six-skier slalom field to kick off a six-medal Thursday for Canadian water-skiers. Ryan Dodd capped the effort with a gold medal in the men's jump competition on a warm, sunny afternoon on the waterfront.

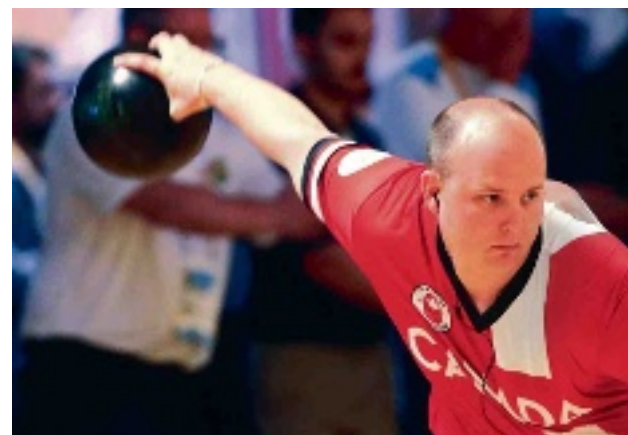
McClintock, from Cambridge, Ont., later added silver medals in the tricks and jump finals and her brother Jason won silver in the men's slalom.

"Unfortunately I wasn't able to get as warm as I needed to and I just kind of stuck," Jason McClintock said.

In the men's tricks, Jaret Llewellyn of Innisfail, Alta., won silver with 10,550 points.



Whitney McClintock won three medals in water-skiing on Thursday, including Canada's 65th gold medal of the Pan Am Games. MARTA IWANEK/TORSTAR NEWS SERVICE



Dan MacLelland averaged a score of 244.2 en route to winning gold in men's doubles bowling with partner Francois Lavoie. RICHARD LAUTENS/TORSTAR NEWS SERVICE

American Adam Pickos won gold with 11,110.

Later in the day, Canada earned the gold medal in the team equestrian competition at Caledon Pan Am Equestrian Park, located approximately 65 kilometres north of Toronto.

The Canadians finished the two-round competition with seven faults, one less than Argentina. The U.S. earned the

**4**

Whitney McClintock won a total of four medals — two gold, two silver

bronze with 12 faults.

The Canadian team consisted of Tiffany Foster of North Vancouver, B.C., 2008 Olympic champion Eric Lamaze of Schomberg, Ont., Yann Candele of Caledon, Ont., and Ian Millar of Perth, Ont., who's making his 10th consecutive Pan Am appearance.

Francois Lavoie of Quebec City and Dan MacLelland of Kitchener, Ont., also won a gold medal in men's doubles bowling with a total of 5,607 pins.

On the track, Damian Warner set a Canadian record in the men's decathlon en route to winning gold.

Michael Smith's 19-year-old record of 8,626 points fell after Warner's 8,659 total.

Warner, a native of London, Ont., capped the victory by crossing the finish line first in

the 1,500 metres with a time of 4:24.73.

Canadian sprinting phenom Andre De Grasse advanced to the final of the men's 200-metre race with a third-place finish (21.2) in his semifinal heat.

De Grasse, from Markham, Ont., won gold in the 100 metres on Wednesday night. He holds the Canadian 200-metre record (20.03).



Damian Warner  
GETTY IMAGES FILE

In men's basketball, Canada used a balanced attack to defeat Mexico 96-76 and move within one win of a medal.

Bradley Heslip, who scored the first 10 points of the fourth quarter for Canada, led with 20 points.

Canada (3-0) came into the game having already secured a semifinal berth and knowing it had won Pool B barring a total collapse against the Mexicans (1-2). THE CANADIAN PRESS

## + SEASONED VETERAN

### Water-skier Llewellyn still making waves at 45

Jaret Llewellyn will turn 45 next week and he just won two medals in Pan Am Games water-skiing, competing against the best in the world, all of them about half his age or younger.

So what's an elder statesman doing — surviving — in a sport that should be a young person's game?

"I've been lucky," said the native of Innisfail, Alta. "At a young age, when I started, the top athletes didn't take it

as serious as they do today, so I grew up like that and that's why I lasted so long ... no one else has lasted as long as I have."

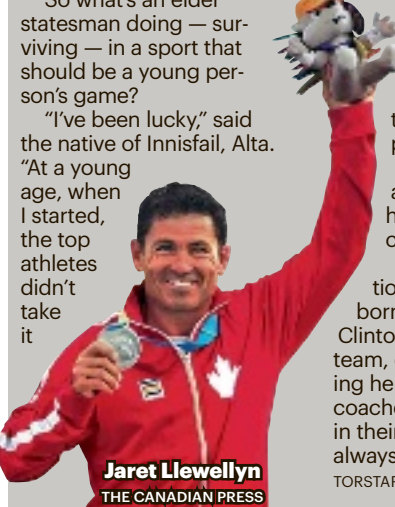
Llewellyn took silver in the men's tricks competition Thursday, and narrowly missed a bronze after post-

ing the same distance as Chile's Felipe Miranda in men's jumping. On Wednesday, he earned a silver in the men's overall competition.

Llewellyn is a Canadian sports icon, and his impact was felt by competitors.

"He was on the national team before I was born," said Whitney McClintock. "Everyone on our team, everyone competing here for Canada, Jaret's coached them at some point in their lives. He's someone I always look up to."

TORSTAR NEWS SERVICE



Jaret Llewellyn  
THE CANADIAN PRESS





Josh Donaldson homered against his former team on Thursday in Oakland.

JASON O. WATSON/GETTY IMAGES

MLB

## Jays bats keep on bashing

The highest-scoring offence in the majors is heating up at the right time.

Russell Martin homered, doubled and drove in three runs, Josh Donaldson went deep against his former team and the Toronto Blue Jays powered past the Oakland Athletics 5-2 on Thursday.

"Our one through nine is the best in baseball," Donaldson said. "I think we continue to go out there on a night in, night out basis and continue to show that."

The Blue Jays have scored 508 runs, by far the best in the majors. The next closest team, the New York Yankees, has scored 434.

Toronto continued its pop at the plate to give knuckleballer R.A. Dickey (4-10) all the support he needed. Dickey allowed two runs and five hits in 8-1/3 innings in place of ill starter Drew Hutchison, who is scheduled to take the mound in Friday's series opener at Seattle instead. THE ASSOCIATED PRESS

“

It felt like it just hit me at once. It's going to take some time to sink some stuff in.

Scott Kazmir who was traded from Oakland to the Houston Astros before Thursday's game.



GETTY IMAGES

# Reeling Redblacks set for date with the champs

CFL

## Ottawa hosts Stampers after pair of losses to Esk

The Ottawa Redblacks say their focus is entirely on the Calgary Stampers and not the upcoming bye week.

They would love nothing more than to head into the break on a winning note with a winning record.

The 2-2 Redblacks, who are on a two-game losing streak, know Friday's game against the defending Grey Cup champion Stampers (3-1) will be a big challenge.

"We haven't even discussed that there's a bye week after," said Redblacks coach Rick Campbell. "Guys are really focused. It's a great opportunity to get a winning record and be 3-2 and that's what we're focused on."

The Redblacks will be in tough against the more experienced Stampers and will need to improve significantly from their last two performances.

A strong start would be key for Ottawa, something that has eluded them all season. The Redblacks have yet to pick up a point in the opening 15 minutes of a game. The team has managed to march down the field and get into scoring position, but has yet to capitalize on its opportunities.

"We've just got to make sure we're executing at a high level," said receiver Chris Williams. "We give ourselves the best chance at winning if we do that and that will take care of itself."

"We're still plugging away,

### WEEK 5 PICK



#### Stampers at Redblacks, Friday, 7 p.m.

The defending Grey Cup champions have the league's best record (3-1) and are atop the West Division standings. But two of those wins have come off late field goals by Rene Paredes — a 50-yard boot on the final play to secure a 24-23 decision over Hamilton and last week a 40-yard effort with under three minutes remaining to give Calgary a 26-25 victory over Winnipeg.

After opening the season with two straight victories — matching last season's total — Ottawa dropped a home-and-home series with the Edmonton Eskimos. But after losing a 46-17 decision in Alberta on July 9, the Redblacks were on the wrong end of a 23-12 contest at TD Place last week.

Pick — Calgary

it's only Week 5 so we know we've got a long way to go, but it's a good challenge for us. It's a good team coming in and we'll have to be ready to play."

If the Redblacks have any hope of winning they will need to find a way to contain Jon Cornish, who many believe is just starting to find his stride. Two weeks ago the Redblacks gave up 46 points to the Edmonton Eskimos and know things could



The Redblacks will need to be better than they were in two straight loss to Edmonton if they hope to have any chance against the reigning champion Stampers on Friday at Lansdowne Park. SEAN KILPATRICK/THE CANADIAN PRESS

get ugly quickly if quarterback Bo Levi Mitchell is given too much time and opportunity.

"It's a big game," said de-

fensive back Antoine Pruneau. "We've got to bring it and need to focus on our tackle for sure. We've missed too many tackles

in the past two games, but this is not our identity. I know we can do better in that department." THE CANADIAN PRESS

### 'HUMAN RIGHTS MEDAL'

## Tewksbury donates gold to museum

Swimming legend Mark Tewksbury says it's only fitting that he present his gold medal from the 1992 Olympic Games to the Canadian Museum for Human Rights in Winnipeg.

Tewksbury says he couldn't have won the 100-metre backstroke in Barcelona if he hadn't had the support of people who knew he was gay.

Tewksbury, who came out publicly in 1998, says he felt unsafe doing so before then.

His medal will be part of a



Mark Tewksbury THE CANADIAN PRESS

new exhibition at the human rights museum that explores the power of sport to inspire positive change.

"I've always said for me that medal is a human rights medal," Tewksbury said

Thursday. "It was done because someone created a space for me to be me."

THE CANADIAN PRESS

### IN BRIEF

#### Bayern close in on Vidal

Bayern Munich says it's close to signing Chile mid-fielder Arturo Vidal from Italian champion Juventus. Chairman Karl-Heinz Rummenigge said during a trip to China on Thursday that

Bayern has agreed terms with both Juventus and Vidal. THE ASSOCIATED PRESS



### NHL

## Shanahan convinces Lou to join Leafs

Brendan Shanahan's new-school Toronto Maple Leafs front office built on his philosophy of differing viewpoints has a new voice, and this one comes with some 30 years of NHL experience.

Shanahan, who's a year into his duties as team president, believes new general manager Lou Lamoriello "will fit in very, very well and be an incredible boost" to what the Leafs are trying to accomplish. Shanahan went looking for experience to join Kyle Dubas, Mark Hunter and Bran-



Lou Lamoriello GETTY IMAGES

don Pridham in management, and no one has more than Lamoriello.

"If I could map out or draw out a description of the kind of person that we wanted, it would be Lou,"

Shanahan told a news conference Thursday.

"I do think that we were lacking in some experience."

THE ASSOCIATED PRESS



# Taylor, Grillo can count themselves lucky to play

## CANADIAN OPEN

### Mishaps nearly keep top golfers out of tournament

Vaughn Taylor felt fortunate to survive a boating accident last year. Emiliano Grillo felt fortunate to get into Canada in time to play the Canadian Open.

On Thursday, they made the most of morning tee times to claim spots at the top of the leaderboard. Grillo shot an 8-under 64 to take the RBC Canadian Open lead, while Taylor shot a 7-under 65 to tie Brian Harman for second after the first round.

Taylor is almost a year removed from his fishing boat



Vaughn Taylor Emiliano Grillo  
GETTY IMAGES GETTY IMAGES

capsizing on Lake Thurmond between South Carolina and Georgia. The 49-year-old who birdied eight holes at Glen Abbey Golf Club in the first round gained some perspective on his sport and life from the August 2014 accident.

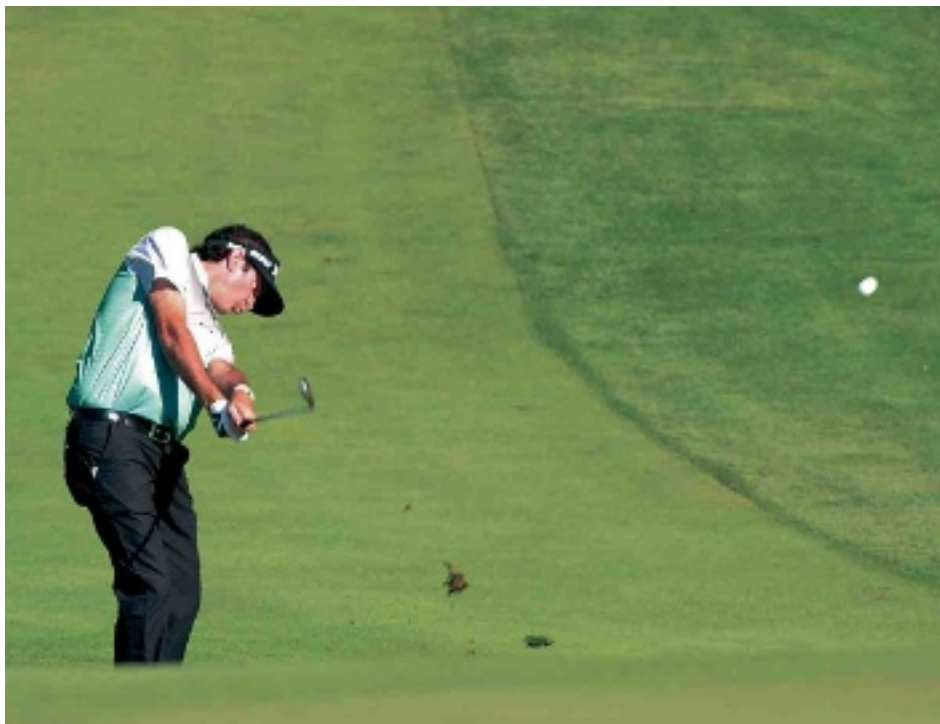
"It still does," Taylor said. "I kind of remind myself of it to say, 'Hey, let's not take this day for granted and make the most of it.'"

Taylor panicked in the water before swimming to safety. Grillo didn't panic earlier this week when it looked like he wouldn't be able to cross the border from the United States.

Grillo qualified for the RBC Canadian Open by finishing in the top 10 at the Barbasol Championship in Alabama, which he only did by picking up back-to-back birdies. After driving to Atlanta and flying

to Buffalo, the 22-year-old Argentine didn't have time to wait for the necessary work visa to get into Canada.

After he waited, bor-



Bubba Watson shoots from the 16th-hole fairway at the first round of the Canadian Open on Thursday in Oakville, Ont. The former Masters winner Watson, whose wife is from Pickering, Ont., opened with a 68. PAUL CHIASSON/THE CANADIAN PRESS

der officials told Grillo just to pay for the visa and go. He followed up that "lucky" break with a bogey-free round to grab the lead.

"I played better on the back nine, which is harder, and the greens were drying out," Grillo said. "I kept hitting some solid shots until the end of the round, and I made some good

putts on the back nine."

David Hearn and Adam Svensson tied for the best start by a Canadian player at 3-under 69. While a left thumb injury hampered Graham DeLaet during his even-par round, Hearn and Svensson are very much in contention.

"I played a solid round of golf, and that's what I needed

to do," Hearn said. "If I can hit a few more greens tomorrow, I like my chances."

Hitting the green might not be a problem, but getting the ball to stop could turn into one. Golfers reported Glen Abbey playing firm and fast, and with wind those are conditions conducive for shooting well under par. THE ASSOCIATED PRESS

## + TOUGH DELAET

Graham DeLaet of Weyburn, Sask., injured his left thumb during the first round but still finished his round and expects to keep playing Friday. Frustrated by the injury, DeLaet was glad to shoot even-par 72 Thursday to sit eight strokes off the lead.



THE CANADIAN PRESS

## IN BRIEF

### Blatter's FFIA career winds down

Sepp Blatter left the security of Switzerland for the first time in two months on Thursday, arriving for the 2018 World Cup qualifying draw, with Russia saying that communication with FIFA has been disrupted by the corruption crisis.

Blatter will no longer be FIFA president by the time of the 2018 World Cup in Russia, with the 79-year-old Swiss due to leave office in seven months after almost 18 years in power.

The draw for World Cup qualifying is on Saturday as Russia prepares for its first major football event in three years.

THE ASSOCIATED PRESS

### Panama accuses ref of favouring Mexico

The Panamanian Football Federation has demanded the removal of CONCACAF's referee selection panel after describing the officiating in the Gold Cup semifinal loss to Mexico as "insulting and embarrassing."

In the bad-tempered semi in Atlanta on Wednesday, Panama forward Luis Tejada was red-carded in the 24th minute, but the team led 1-0 until stoppage time when Roman Torres was penalized for a handball. Mexico converted that penalty, and another in extra time to win 2-1.

After the match, the Panamanian players posed for a photo under a banner calling CONCACAF corrupt thieves.

THE ASSOCIATED PRESS

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## RECIPE Watermelon Cucumber and Goat Cheese Salad



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Watermelon is at its best this time of year. With a sweet, natural flavour, it's like nature's candy! To pick the best tasting melon, the watermelon should feel heavy for its size. Look for the yellow creamy spot on one end, which means it's ripe.

### Serves 4

### Ready in

Prep time: 15 minutes

### Ingredients

- 4 cups diced watermelon
- 1 cup thinly sliced baby cucumber, cut into half moons
- 1/2 cup thinly sliced red onions
- 1/4 cup chopped mint or basil
- 3 Tbsp toasted chopped cashews

- 1 oz crumbled goat cheese
- 2 Tbsp olive oil
- 1 Tbsp lemon juice
- Salt and pepper

### Directions

**1.** On a serving plate, add watermelon and cucumber. Garnish with onions, mint, cashews and goat cheese.

**2.** In a bowl, mix oil, juice and salt and pepper. Pour over salad and toss gently.

### Nutrition per serving

- Calories 180
- Protein 3 g
- Carbohydrates 18 g
- Fibre 2 g
- Total fat 12 g
- Saturated fat 3 g
- Cholesterol 5 mg
- Sodium 85 mg

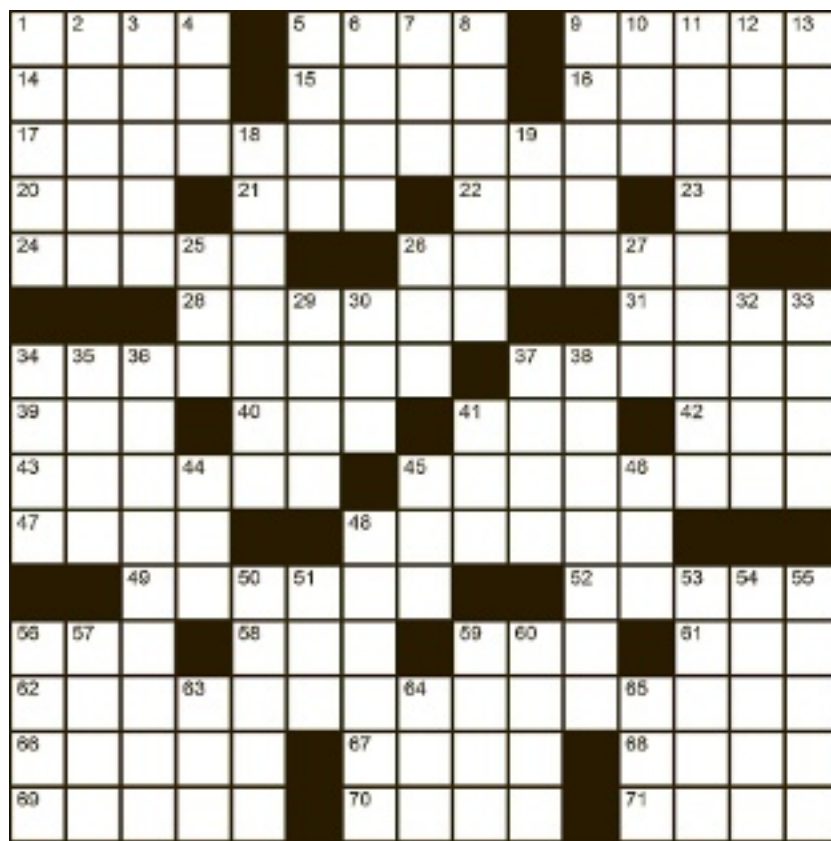
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Outperform
5. Serving-of-cereal holder
9. Essential
14. "Barbie Girl" band
15. Merle Haggard's "\_\_\_ from Muskogee"
16. Spookily strange
17. Vancouver Island: Flowery attraction in Brentwood Bay, a National Historic Site of Canada: 2 wds.
20. Breathed-in stuff
21. Miley Cyrus song: "Party in the \_\_\_"
22. "\_\_\_ in Alberta"
23. Richard Burton's wife, twice ...her initials-sharers
24. Fights
26. Greece's capital
28. Edmonton CFL player
31. Vintage muscle cars
34. Rock star's date unsurprisingly: 2 wds.
37. Quantity
39. Angelina Jolie title role
40. Irish actor Stephen
41. Monk's title
42. \_\_\_ periculo (At my own risk, in Latin)
43. Music storage container: 2 letters + wd.
45. Jake Gyllenhaal's new boxer movie
47. Slangy sure
48. Hinder
49. Delicate
52. "No way."



56. Teeth doc's org.
58. Rocky hill
59. Stockholm's country [abbr.]
61. Yoko's surname
62. 1966 hit for partially-Canadian band The Lovin' Spoonful: 4 wds.
66. Manner of

- speaking
67. Have supper
68. There's none in a power failure, for short
69. Accomplishments
70. Simple
71. Weight allowance

### DOWN

1. Rum cakes
2. Rig out
3. Kama \_\_\_ (Record label the band at #62-Across was on)
4. Tic-Toe link
5. Feathery accessories

6. Pod vegetable
7. Stand-up's asset
8. Smoothly, in music terminology
9. Poetry
10. Roadside mil. hazard
11. Nature's stool in the forest: 2 wds.
12. "It \_\_\_ Me Babe"

- by The Turtles
13. Fewer
18. Fancily uniformed cavalymen of 15th-century Hungary
19. Ooh's pal
25. \_\_\_ room (Basement)
26. Comic actress Ms. Poehler
27. Stop-\_-
29. Human hinge
30. Apple variety, \_\_\_ Red
32. Vitamins brand, \_\_\_ Day
33. Pack away
34. 'A' in CIA [abbr.]
35. Amusement park feature
36. Nut variety
37. Sort of lily
38. Daytime theatrical performance
41. Sainte-\_\_\_ (Quebec City sector)
44. "Bingo!"
45. Pen
46. "\_\_\_ Haw"
48. Footstep
50. 12 \_\_\_ or Less (Express check-out sign)
51. \_\_\_easter
53. "There you have it!"
54. Enroll
55. Rolls-\_\_\_ (Posh car)
56. "Like, that'll ever happen.": 2 wds.
57. Guy
59. RR depots
60. Curds and \_\_\_
63. Clever comment
64. Ms. Vardalos
65. This: French

## \* IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
What are your limits? How far can you push yourself? These are the sort of questions you will be asking today and over the weekend. The answers depend entirely on you. Nothing is beyond you if you want it enough.

**Taurus** April 21 - May 21  
Resist the urge to criticize today, especially on the domestic front. It would be nice if everyone were as laidback as you but they're not, so make allowances.

**Gemini** May 22 - June 21  
You may be free to come and go but you are reluctant to head off into the unknown. Your horizons have been limited for too long. Freedom means nothing unless you have courage.

**Cancer** June 22 - July 23  
Take care that, in your attempts to impress someone new, you don't spend more than you can afford. You need to get both your emotional and material priorities right.

**Leo** July 24 - Aug. 23  
As your confidence returns so does your tendency to take risks and that could be dangerous. Your head may be in the clouds but keep your feet on the ground.

**Virgo** Aug. 24 - Sept. 23  
You will want to be by yourself over the next few days. Others may find that hard to accept but you must not allow them to persuade you to go places and do things that you would rather avoid.

**Libra** Sept. 24 - Oct. 23  
You will go all out for glory today. There's a good chance you'll upset those who prefer the status quo. You are under no obligation to play down your ambitions just to please them.

**Scorpio** Oct. 24 - Nov. 22  
Now that the sun is moving through the career area of your chart you will aim higher than before. You will face a lot of challenges but you will never doubt that you have what it takes.

**Sagittarius** Nov. 23 - Dec. 21  
The sun in Leo will encourage you to think in new ways. It won't be long until you realize what you've been missing over the years. A slight shift in awareness will lead to major changes in your philosophy of life.

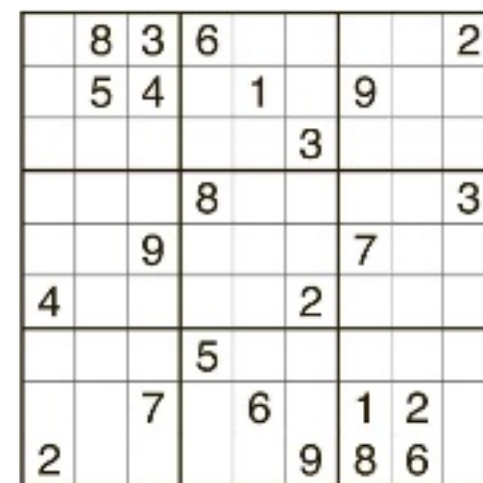
**Capricorn** Dec. 22 - Jan. 20  
The time has come to confront your demons. Don't be afraid to probe into areas of your mind that you would normally avoid. Don't be afraid to question your real motives. Don't be afraid to confront your true self.

**Aquarius** Jan. 21 - Feb. 19  
If you try to put one over on partners and colleagues they will see through your tactics and turn them against you. You must be open and honest.

**Pisces** Feb. 20 - March 20  
You have only yourself to blame for allowing people to take advantage of you. Look seriously at what you do for other people — then start doing less.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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